

# Extraordinary Success

IN THE



TREATMENT

OF



# Obesity.

THE following are a few  
of many thousands of  
Press Notices that have  
been recently published  
in the leading News-  
papers.

DELIGHTFUL  
TREATMENT  
FOR  
CURING  
CORPULENCE.



MR. F. C. RUSSELL'S

Address is

WOBURN HOUSE,

27 STORE ST., LONDON, W.C.

and on sending 3d. stamps his book, entitled "CORPULENCE AND THE CURE" (256 pages), containing a reprint of Press Notices from some hundreds of Medical and other Journals (British and Foreign) and other interesting particulars, including the "recipe," will be forwarded to all applicants.

THE process of curing any physical disorder is so generally the converse of "delightful" that the use of this and similar terms in reference to Mr. F. C. Russell's now popular treatment for corpulency naturally attracts special attention. These terms are to be found in a large number of the letters included in the just-issued 18th edition of Mr. Russell's little volume of 256 pages, "Corpulency and the Cure" (Woburn House, Store-street, Bedford-square, London, W.C.). These communications are from persons of both sexes, and it is apparent that their number is represented by thousands annually, who have found in this system of treatment a safe, rapid, and permanent cure for excessive fatness. This testimony forms in the aggregate, indeed, a wonderful record of rapid reduction of excessive adipose tissue, and those who have personal reasons for being interested in the subject should send to the above address three penny stamps for a copy (post free) of Mr. Russell's notably suggestive little book. "I think the treatment most delightful," writes one out of a large number of equally enthusiastic correspondents. And the expressions "Admirable tonic," "Splendid stuff," "A delicious beverage mixed with mineral waters," are of constant recurrence in this singularly-interesting correspondence. The preparation is stated to be a pure vegetable product, without any admixture of the mineral poisons which are too frequently administered. With a candour which also is delightful, Mr. Russell prints in his book the "recipe" for the preparation.—*Belfast News Letter*, January 7th, 1897.





## CURIOUS EFFECTS IN THE TREATMENT OF CORPULENCY.

vertibly shown daily. In serious cases a five pound to ten pound weekly loss is registered until the person approaches his or her normal weight; then the diminution becomes less pronounced, the muscles firmer, the brain more active, less sleep is desired, and finally a cure is effected. Compiled reprints of medical and other journals and interesting particulars, including the book entitled "Corpulency and the Cure" (256 pages), containing the "recipe," which is quite harmless, can be obtained post free from Mr. Russell, of Woburn House, 27, Store-street, Bedford-square, London, W.C., by enclosing three penny stamps.—*Dublin Weekly Freeman.*

## SHOULD STOUT PERSONS STARVE THEM- SELVES?

WE are afraid that semi-starvation as a cure for corpulency prevails very much to a dangerous degree. Mr. Archer, the late well-known prominent jockey, was in the habit of going without food for a long stretch in order that he could ride a certain horse at its weight; and there is not much doubt that the debility resulting from this habit of abstemiousness was indirectly responsible for the untimely end, in the zenith of his fame, of this accomplished horseman. Even Mary Jane in the kitchen will eat sparingly of the food allowed her, while she will seek to reduce her fat by copious draughts from the vinegar-cruet, and succeeds only in injuring the coats of her stomach—the forerunner of dyspeptic trouble that will be difficult to overcome. The continental medicos seem to advocate this great reduction of ordinary foods, but one of these *savants* suggests that the stout person should eat considerably of fatty meats, in order that the appetite be appeased, and consequently less food required, so that practically this is indirectly advocating semi-starvation. On the other hand, Mr. Russell says, "Eat as much as you like," and as it is an acknowledged fact that under his treatment persons lose from 2 lb. to 12 lb. per week, it beyond doubt stands out pre-eminent against those so-called starvation cures "made in Germany." Some claim that Mr. Russell has to insist upon his patients drinking hot water every morning; but, on the contrary, he avers that it is dangerous to do so, and has never advised it. He resorts to no stringent dietary, and simply prescribes a harmless vegetable tonic combination which is the outcome of years of study and botanical research. We advise all those interested in this question to get this book, the price of which is only threepence. It is entitled "Corpulency and the Cure" (256 pages), and is published by him at Woburn House, Store-street, London, W.C. It can be had direct.—*Ilfracombe Gazette and Observer.* Jan. 12, 1897.

On Receipt of 3d. Stamps, Mr. Russell's book "Corpulency and  
Address—Woburn House,





## ALCOHOLISM AND OBESITY.

IT is often rashly asserted that drunkenness is uncommon on the European Continent; and that, in particular, it is a rare vice in France. Certain medical therapeutists and specialistic scientists have, however, recently furnished some suggestive statistics which flatly contradict the cherished beliefs of those who have persistently proclaimed the sobriety of the French people. Dr. Lancereaux, at the French Academy of Medicine, having made a special study of the subject, declares that, in his extensive hospital practice, out of twenty patients ten are, on an average, suffering from some form of alcoholic poisoning—women being responsible for a large proportion of the enormous consumption of alcohol thus indicated. The learned doctor sums up the results on the population at large as representing a mortality greater than that caused by the greatest epidemics, the ruin of labour, and—what is already startlingly evident in France—the steady diminution of the very population of the country. Other authorities, again, assert that with the annual increase in the consumption of spirits, to the extent of nearly 500,000 gallons in various liquors, there has been a corresponding increase of corpulence. This appears to make alcohol responsible for the troublesome and sometimes dangerous increase of unhealthy adipose tissue on the strength of the somewhat slipshod theory of the affinity of alcohol for oxygen in the system. It is certainly worthy of note that some of the most eminent authorities on the Continent and in America absolutely debar the corpulent from drinking alcohol in any shape or form, while on the other hand one of the most prominent and successful specialists in England boldly and flatly contradicts, on this point, his professional brethren. He permits those undergoing his treatment to drink the spirits of their choice—although he does not advocate the use of these beverages. The result of his experiments is that he can reduce a person's weight from 3 lbs. to 6 lbs. in a week, although the patient may drink alcohol even to excess; nor will any extra decrease in weight be experienced by a restriction of the amount of drink consumed. His aim is to attack corpulence at its very root, and to achieve this he does not approve of such a drastic measure as the sudden and indiscriminate stoppage of a person's accustomed spirituous drink; for there are many who have so habitually used themselves to their "dram" that its prohibition is unquestionably a great hardship, if not actually dangerous. Again, he takes exception to the action of the majority of specialists in dealing with obesity, in prescribing a limited diet. To this he takes exception on the very reasonable ground (to quote from his clever 256 page book, entitled "Corpulency and the Cure," by F. C. Russell, Woburn House, Store-street, Bedford-square, London, W.C.) that with the reduction of fat by his process the most unhealthy portions of this excess tissue, such as those which clog the vital organs, begin to waste first, and as a consequence, the entire system becomes healthier within the first twenty-four hours of the treatment. Then, immediately, the patient begins to be exhilarated by such symptoms as the freedom of breathing, the stronger and steadier action of the heart, the feeling of lightness, the absence of the sense of oppression—each organ performing its duty with increased regularity. He finds himself aroused suddenly from a lethargic heaviness and morbid drowsiness which have probably lasted for years; he feels, as it were, born anew, and instantly becomes more active and buoyant, both in body and mind—all of which pleasurable sensations are naturally accompanied by an increase of appetite. It is not necessary to be a scientist or a medical expert to adopt the common-sense view of these matters. "Would you then," argues Mr. Russell, "in the case of a person who for years, perhaps, has never known what a healthy appetite means, deprive him of food when Nature appealingly holds forth her hands, literally begging for it? No! those who reduce fat by starvation pay for their folly at usurers' interest when meeting the bills drawn against them on the Bank of Longevity. "Let other specialists prescribe this; I will not countenance it," says Mr. Russell. Notwithstanding the increased amount of food taken daily, the weight under the operation of his system is steadily

ure" (256 pages), will be forwarded post free to all applicants.  
Store Street, London, W.C.



reduced, to which unerring testimony is given by the weighing machine. The painstaking research and the marvellous success of the author of the above-named work justify us in arriving at the conclusion that his system may be followed with absolute confidence. His success is all the more remarkable because the whole secret consists in the use of a few herbal roots and a simple vegetable acid. We believe it is the only system of reducing obesity—and it is a very pleasant system—which is certain in its results and brings no other penalties. We commend his book to our readers. It may be obtained, post free, by sending three penny stamps to Mr. Russell at the address already given.  
—*Brighton Examiner.*

### A POSITIVE REMEDY FOR CORPULENCE.

ANY remedy that can be suggested as a cure or alleviation for stoutness will be heartily welcomed. We have recently received a well-written book, the author of which seems to know what he is talking about. It is entitled, "Corpulency and the Cure" (256 pages), and is a cheap issue (only three-pence), published by Mr. F. C. Russell, of Woburn House, Store-street, Bedford-square, London, W.C. Our space will not do justice to this book; send for it yourself. It appears that Mr. Russell had submitted all kinds of proofs to the English Press. The editor of the *Tablet*, the Catholic organ, writes: "Mr. Russell does not give us the slightest loophole for a doubt as to the value of his cure, for in the most straightforward and matter-of-fact manner he submitted some hundreds of original and unsolicited testimonial letters for our perusal, and offered us plenty more if required. To assist him to make this remedy known, we think we cannot do better than publish quotations from some of the letters submitted. The first one, a Marchioness, writes from Madrid: 'My son, Count —, has reduced his weight in twenty-two days 16 kilos., i.e., 34lb.' Another writes: 'So far (six weeks from the commencement of following your system), I have lost fully two stone in weight.' The next (a lady) writes: 'I am just half the size.' A fourth, 'I find it is successful in my case. I have lost 8 lb. in weight since I commenced (two weeks).' Another writes: 'A reduction of 18 lb. in a month is a great success.' A lady from Bournemouth writes: 'I feel much better, have less difficulty in breathing, and can walk about.' Again, a lady says: 'It reduced me considerably, not only in the body, but all over.' The author is very positive. He says: 'Step on a weighing machine on Monday morning, and again on Tuesday, and I guarantee that you have lost 2 lb. in weight without the slightest harm, and vast improvement in health through ridding the system of unhealthy accumulations.'"—*Cork Herald.*

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